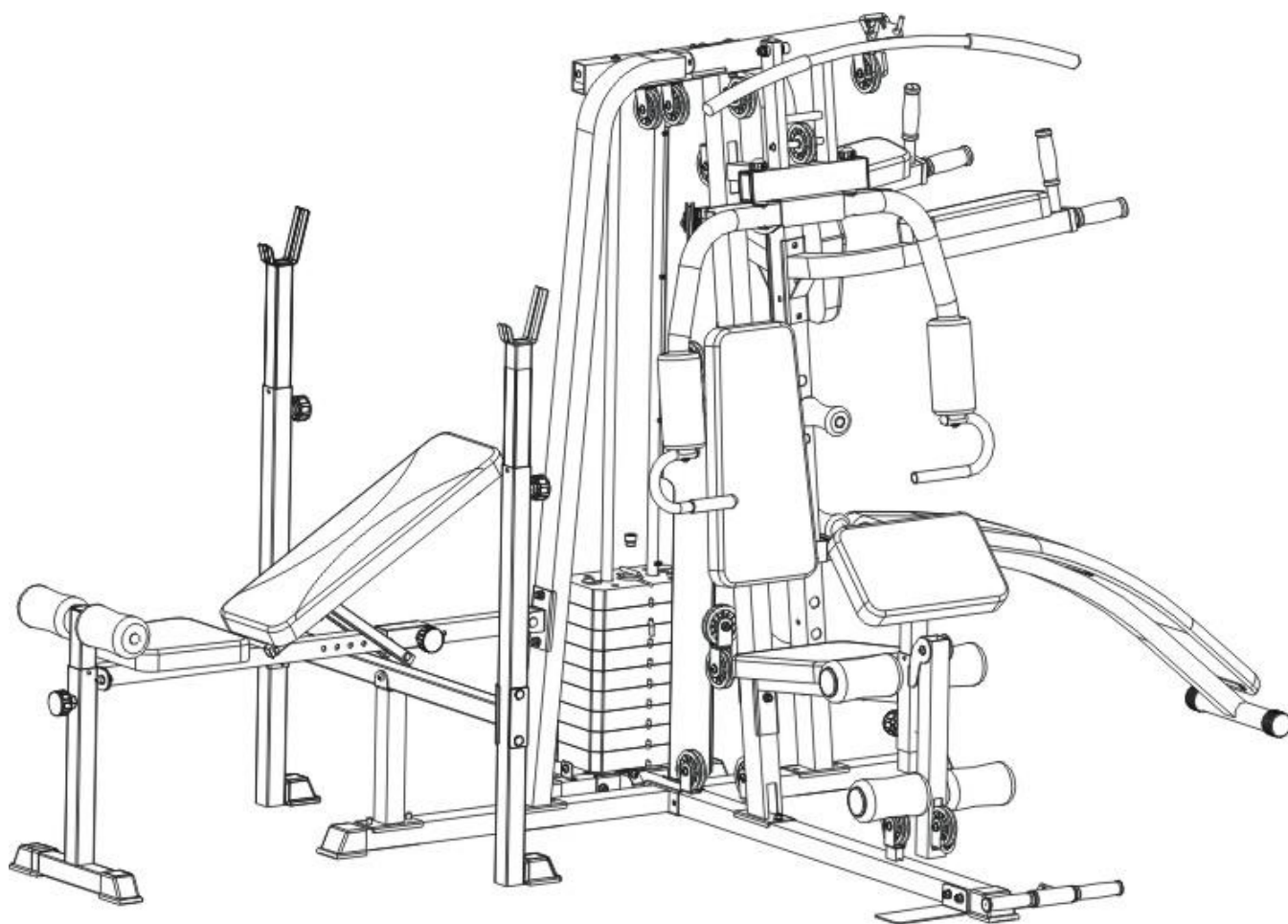




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GS5 GYM MULTI STATION USER MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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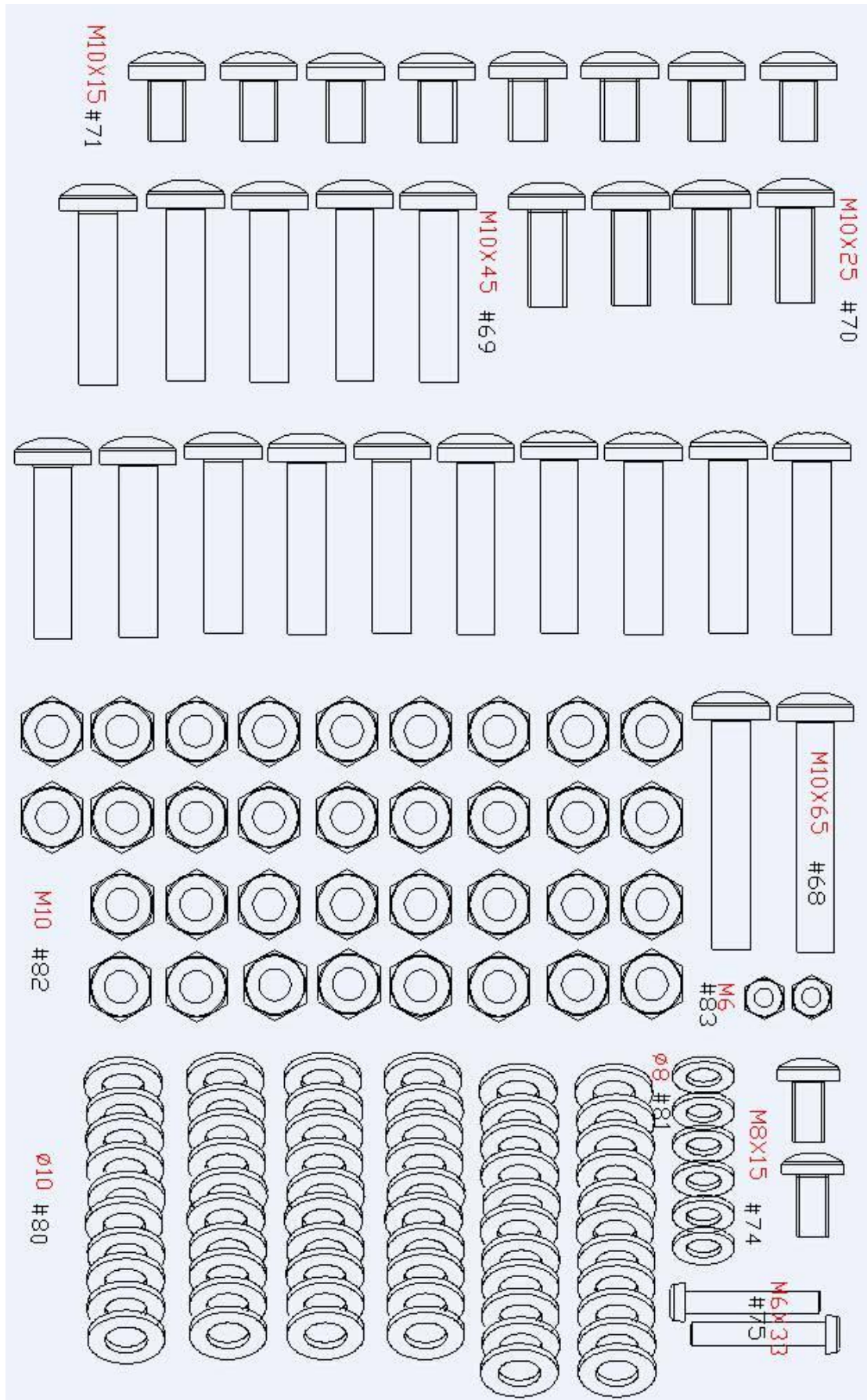
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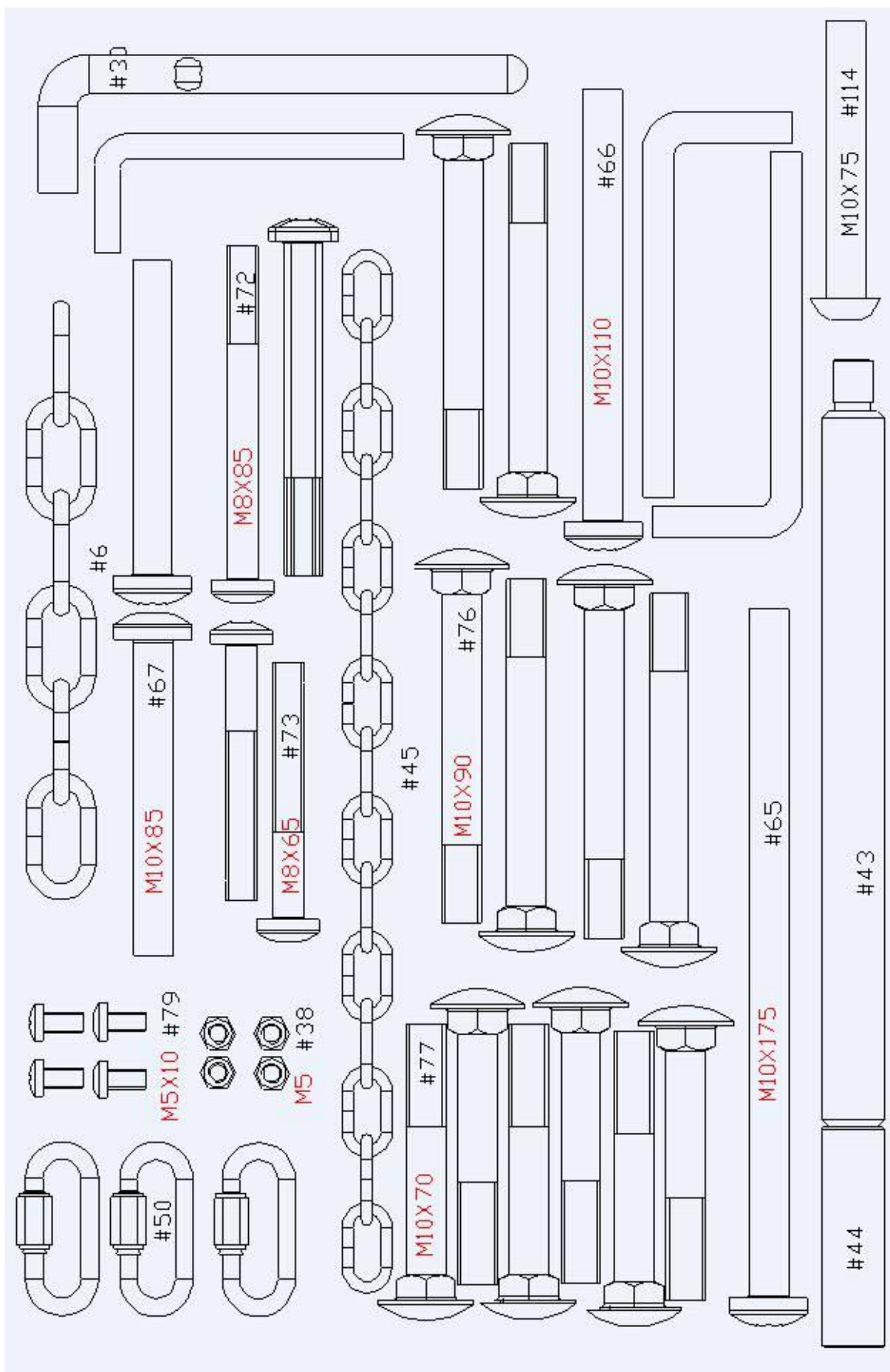
1. IMPORTANT SAFETY INSTRUCTIONS

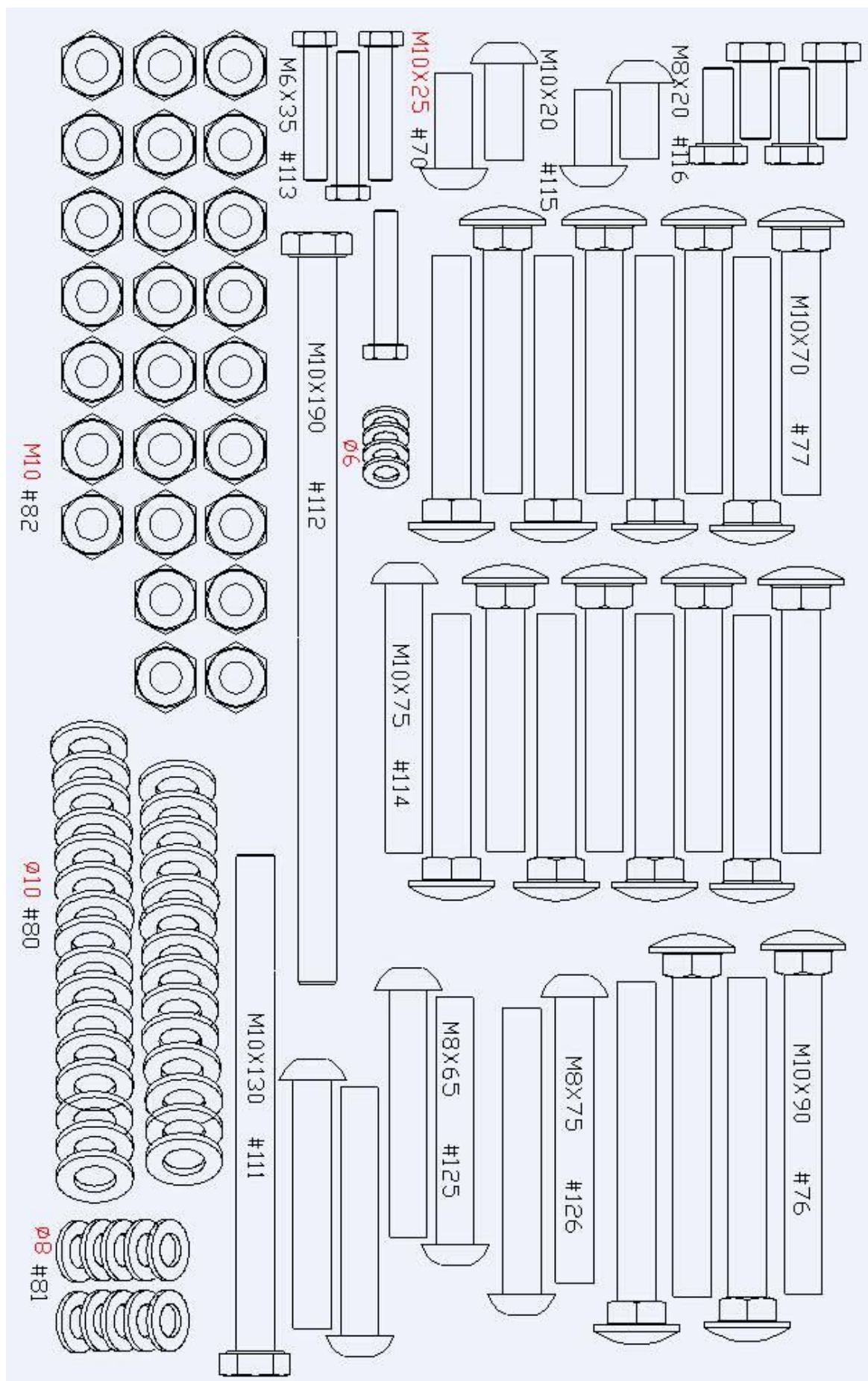
WARNING - Read all instructions before using this machine.

- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

2. ASSEMBLY INSTRUCTIONS





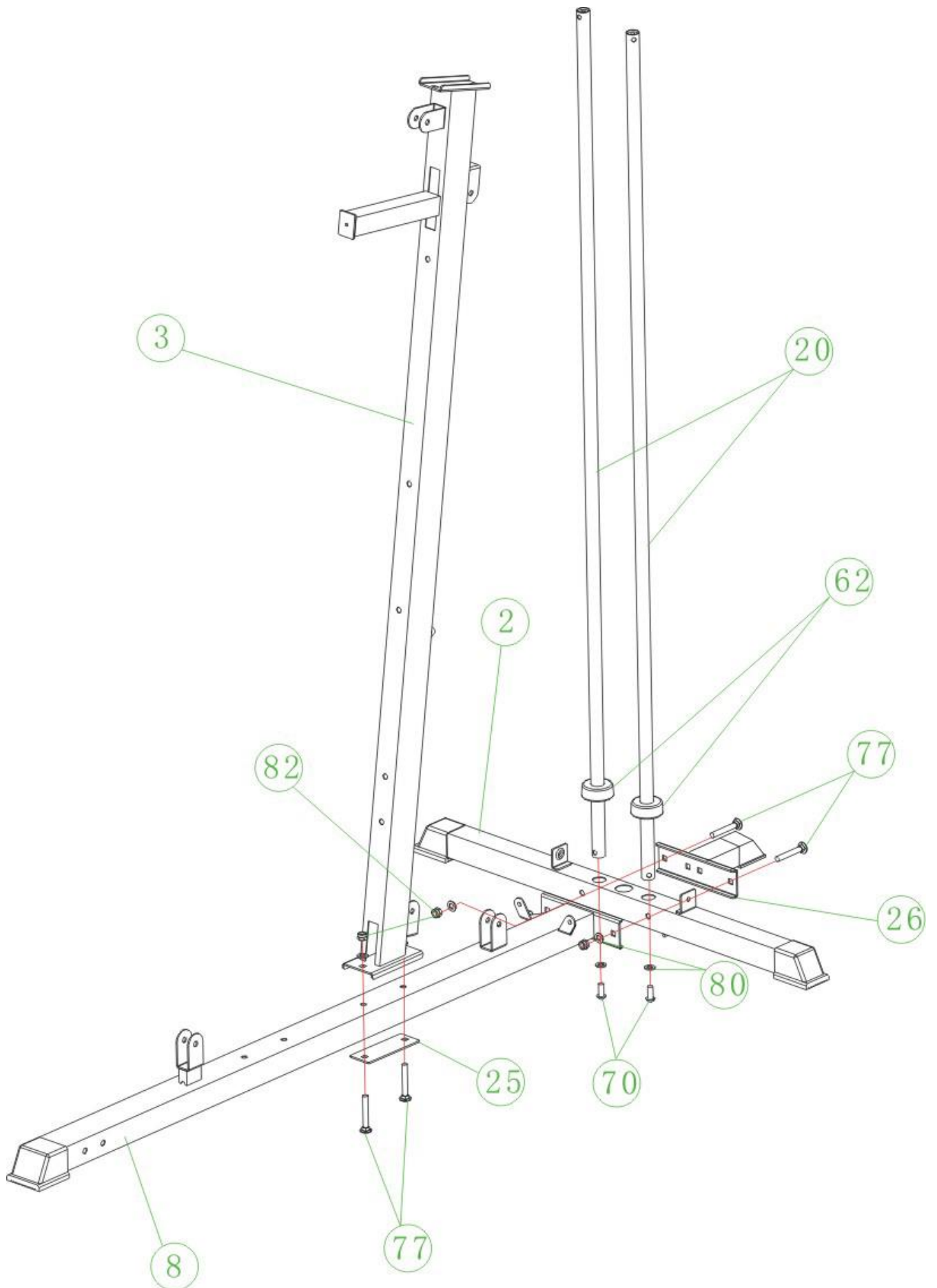


Tools required for assembling the machine: Two Adjustable Wrenches, two Allen Wrenches, and one Philips Screwdriver.

Note: It is strongly recommended this machine to be assembled by two or more people to reduce chance of injury.

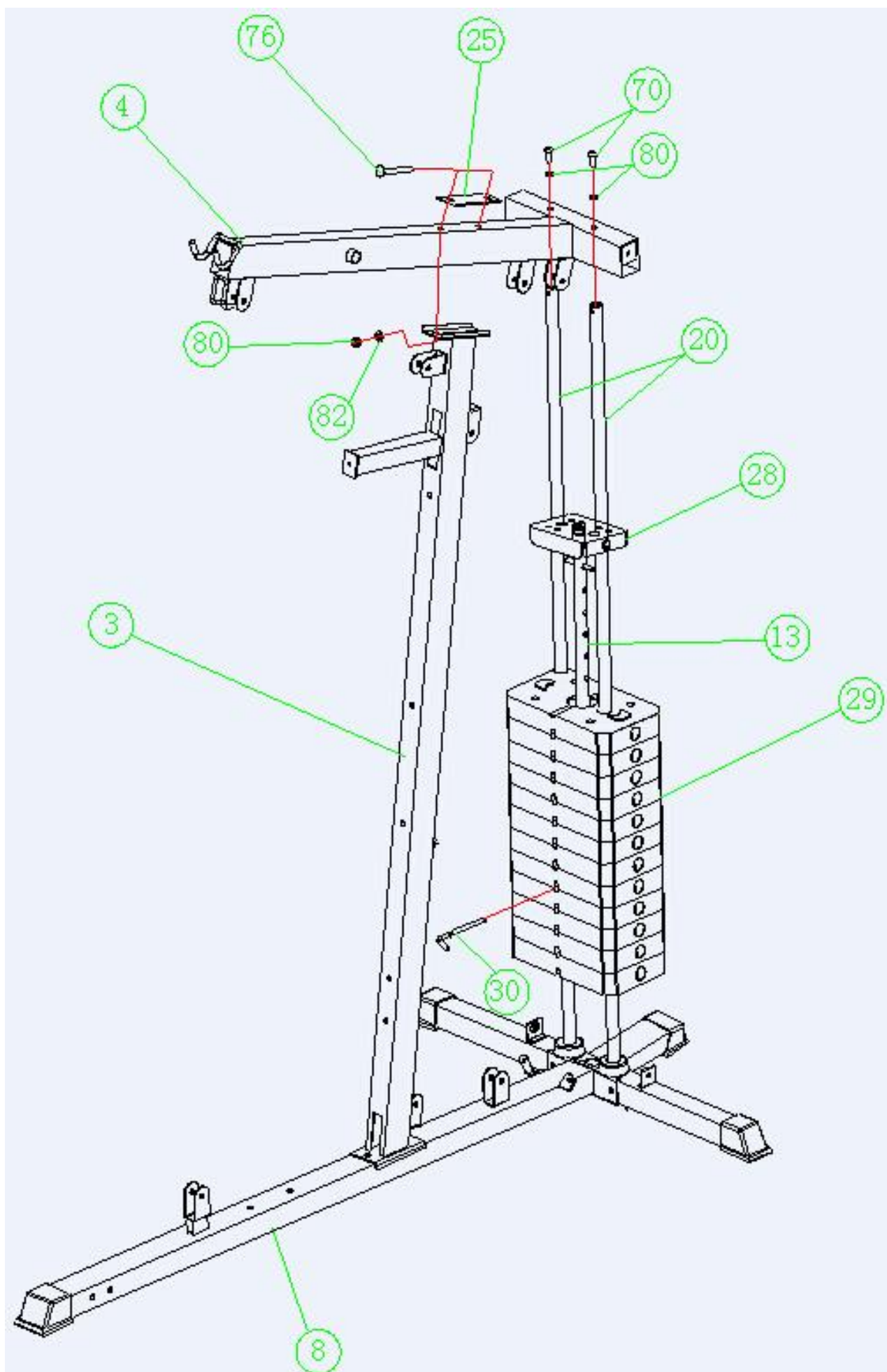
STEP 1

1. Attach the Front Vertical Frame (#3) to the Main Base Frame (#8). Secure it with two M10x70mm Carriage Bolts(#77), one 140x51mm bracket (#25), two ϕ 10 washers (#80), and two M10 Aircraft Nuts (#82). **DO NOT tighten all the nuts and bolts yet.**
2. Push two ϕ 2 1/2" Guide Rod Rubber Bumpers (#62) onto the Guide Rods (#20). Secure it with two M10x25mm Allen Bolts (#70) and two ϕ 10 Washers (#80) from the bottom of the Rear Base Frame (#2).
3. Connect the Main Base Frame (#8) to the Rear Base frame (#2). Secure it with two M10x70mm carriage bolts (#77), one rear base frame bracket (#26), two ϕ 10 washers (#80). And two M10 Aircraft Nuts (#82).



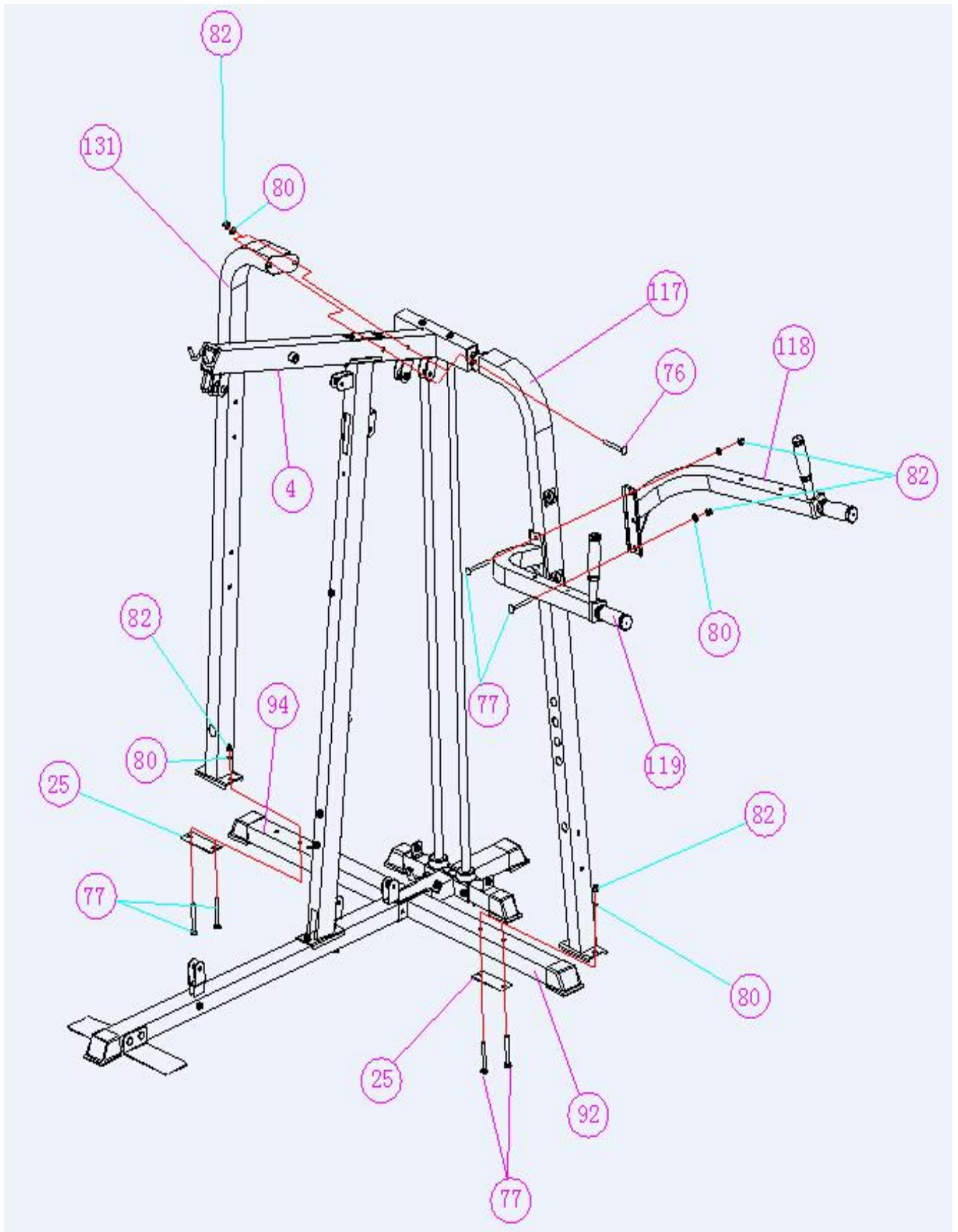
STEP 2

1. Slide the 14 Weight Plates (#29) onto the Guide Rods (#20). Align the holes of the Weight Plates. Insert the Selector Rod (#13) through the centre hole. Use the L-shaped Pin (#30) to select the number of plates.
2. Slide the Selector Stem (#28) onto the Guide Rods (#20).
3. Attach the Upper Frame (#4) onto the Guide Rods (#20). Place the Upper Frame (#4) onto the Front Vertical Frame (#3).
4. Secure the Upper Frame to the Guide Rods with two M10x25mm Allen Bolts (#70) and two ϕ 10Washers (#80).
5. Secure the Upper Frame (#4) to the Front Vertical Frame (#3) with two M10x90mm Carriage Bolts (#76), one 140x51mm Bracket (#25), two ϕ 10Washers (#80), and two M10 Aircraft Nuts (#82). Tighten all bolts and nuts previously installed.



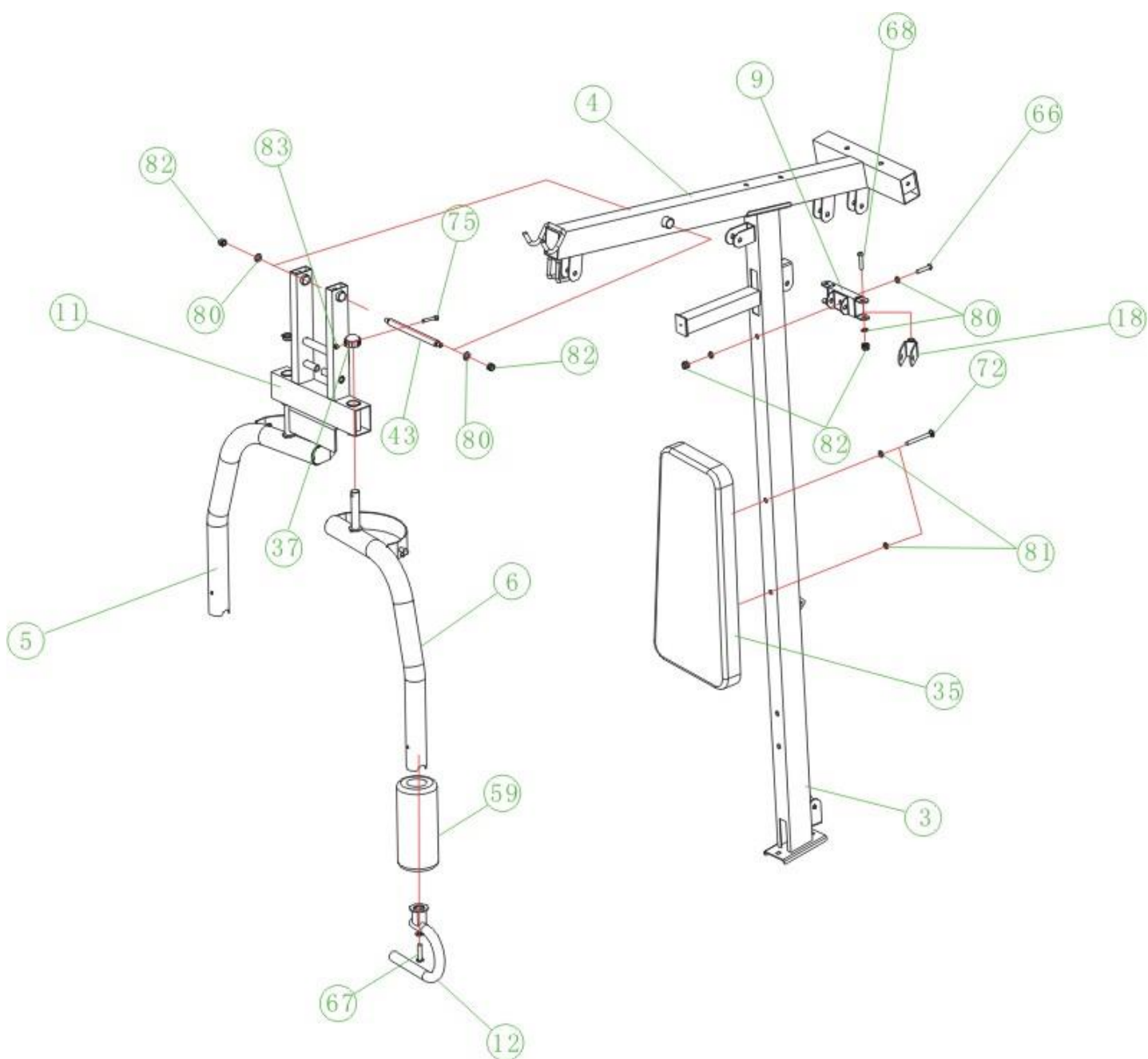
STEP 3

1. Attach the Right Upright (#117) and Left Upright (#131), to the Upper Frame (#4). Secure with two Carriage Bolts M10x90mm (#76), two Aircraft Nuts (#82) and two ϕ 10 washers (#80).
2. Attach the Right Upright (#117) and Left Upright (#116) to the two lower tubes (#92) and (#94). Four Carriage Bolts M10x70mm (#77), two Brackets (#25), four Aircraft Nuts (#82) and four ϕ 10 washers (#80).
3. Attach the two Handles (#118, #119) to the Right Upright (#117), secured with two M10x70mm Carriage Bolts (#77).



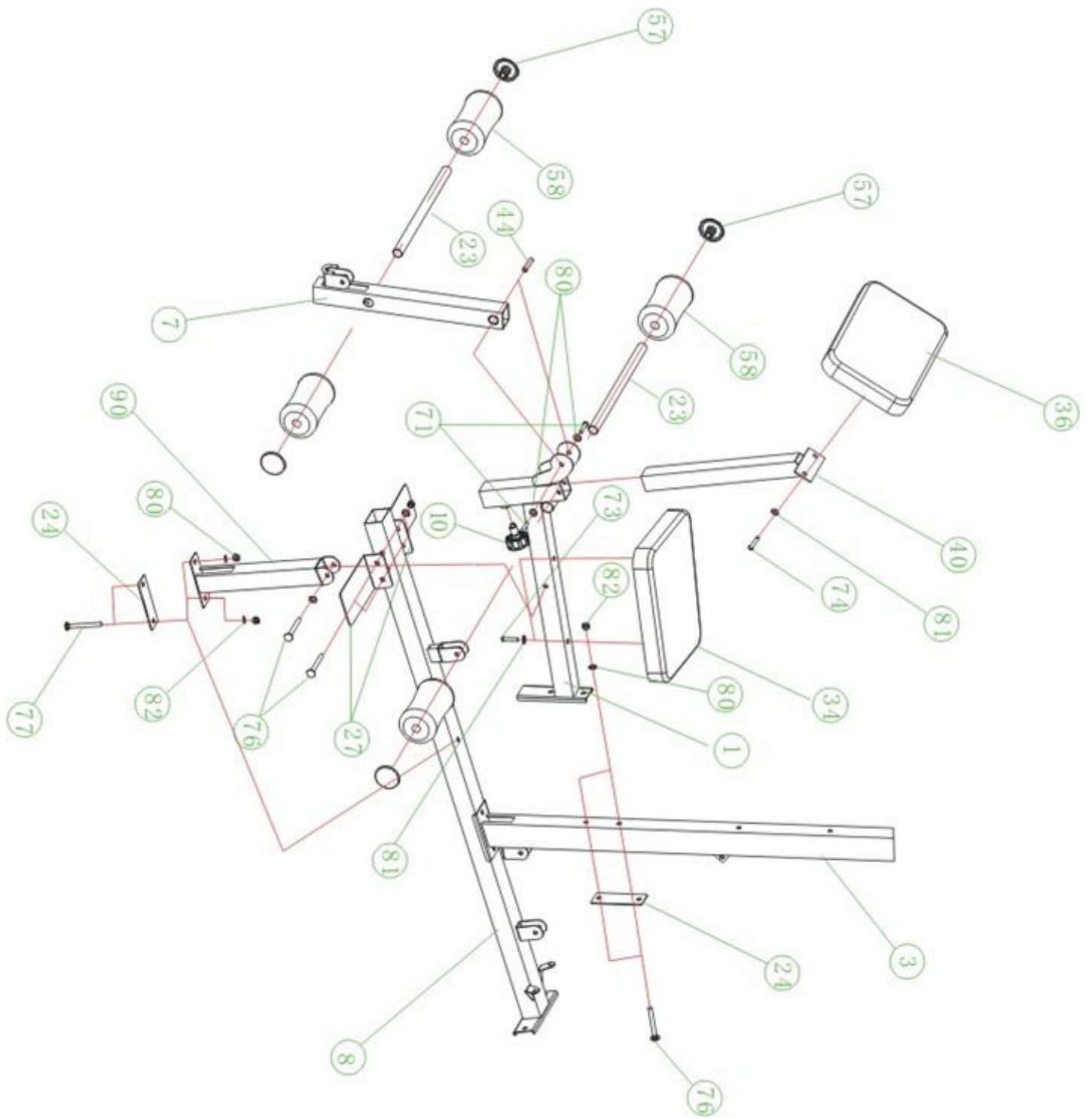
STEP 4

1. Attach the Front Press Base (#11) to the Upper Frame (#4). Secure it with one Long Axle (#43), two ϕ 10 Washers (#80), and two M10 Aircraft Nuts (#82).
2. Attach the Right Butterfly (#6) to the Front Press Base (#11). Secure it with one M6x33mm Hex Bolt (#75), Lock Ring (#37), and M6 Aircraft Nut (#83).
3. Slide a Butterfly Foam Roam Roll (#59) onto the Right Butterfly arm (#6). Attach a Front Press Handle (#12) to the Right Butterfly (#6). Secure it with one M10x85mm Allen Bolt (#67).
4. Repeat the Step B&C above to install the Left Butterfly (#5).
5. Attach the Butterfly Pulley Bracket (#9) to the Front Vertical Frame (#3). Secure it with one M10x110mm Allen Bolt (#66), two ϕ 10 Washers (#80), and one M10 Aircraft Nut (#82).
6. Attach Swivel Pulley Brackets (#18) to each end of the Butterfly Pulley Bracket (#9). Secure each Bracket with one M10x65mm Allen Bolt (#68), two ϕ 10 Washers (#80), and one M10 Aircraft Nut (#82). Do not over tighten; make sure the bracket (#18) is able to swivel freely.
7. Attach the Backrest Board (#35) to the Front Vertical Frame (#3). Secure it with two M8x85mm Allen Bolts (#72) and two ϕ 8Washers (#81).



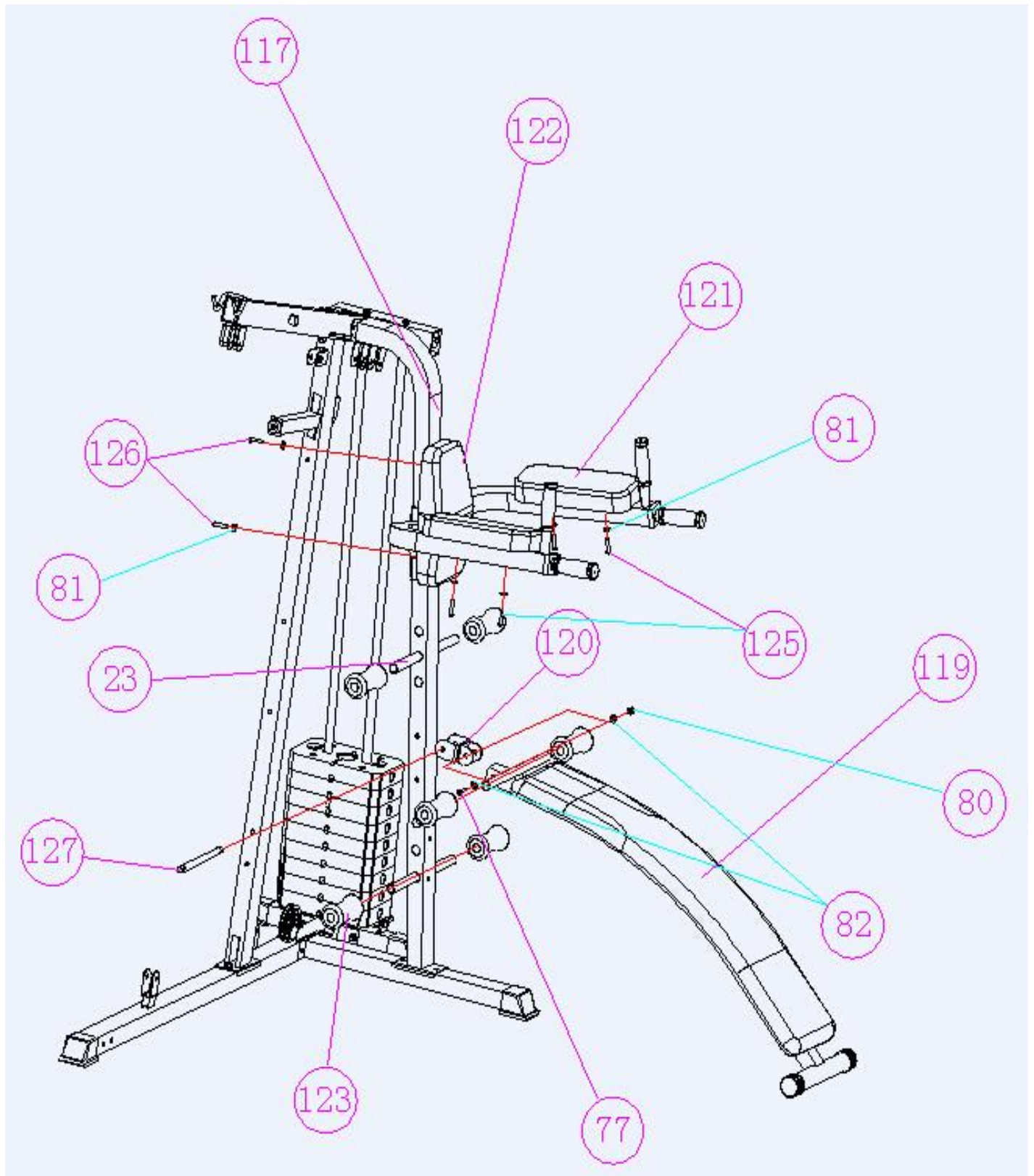
STEP 5

1. Attach the Main Seat Support (#1) to the Front Vertical Frame (#3). Secure it with two M10x90mm Carriage Bolts (#76), one 120x50mm Bracket (#24), two ϕ 10 Washers (#80), and two M10 Aircraft Nuts (#82).
2. Attach the Leg Developer (#7) to the bracket on the Main Seat Support (#1). Secure it with a Leg Developer Axle (#44), two M10x15mm Allen Bolts (#71), and two ϕ 10 Washers (#80).
3. Insert two Foam Tubes (#23) halfway through the holes on the Leg Developer (#7) and Main Seat Support (#1). Insert the Foam Rolls (#58) into the two foam tubes (#23) from both ends. Plug four Foam Roll End Caps (#57) onto the ends.
4. Place the Seat (#34) onto the Main Seat Support (#1). Secure it with two M8x65mm Allen Bolts (#73) and two ϕ 8 Washers (#81).
5. Attach the Arm Curl Pad (#36) to the Arm Curl Stand (#40). Secure it with two M8x15mm Allen bolts (#74) and two ϕ 8 Washers (#81).
6. Insert the Arm Curl Stand (#10) into the front opening on the Main Seat Support (#1). Secure it with a Lock Knob (#10).
7. Attach two Foot Plates (#27) to the Main Base Frame (#8). Secure them with two M10x90 Carriage Bolts (#76), two ϕ 10 Washers (#80) and two M10 Aircraft Nuts (#82).
8. Attach the Tube (#90) to the Main Seat Support (#1) and Main Base Frame (#8), secured with one 120x50mm Bracket (#24), two M10X70mm Carriage Bolts (#77), two ϕ 10 Washers (#80) and two M10 Aircraft Nuts (#82).



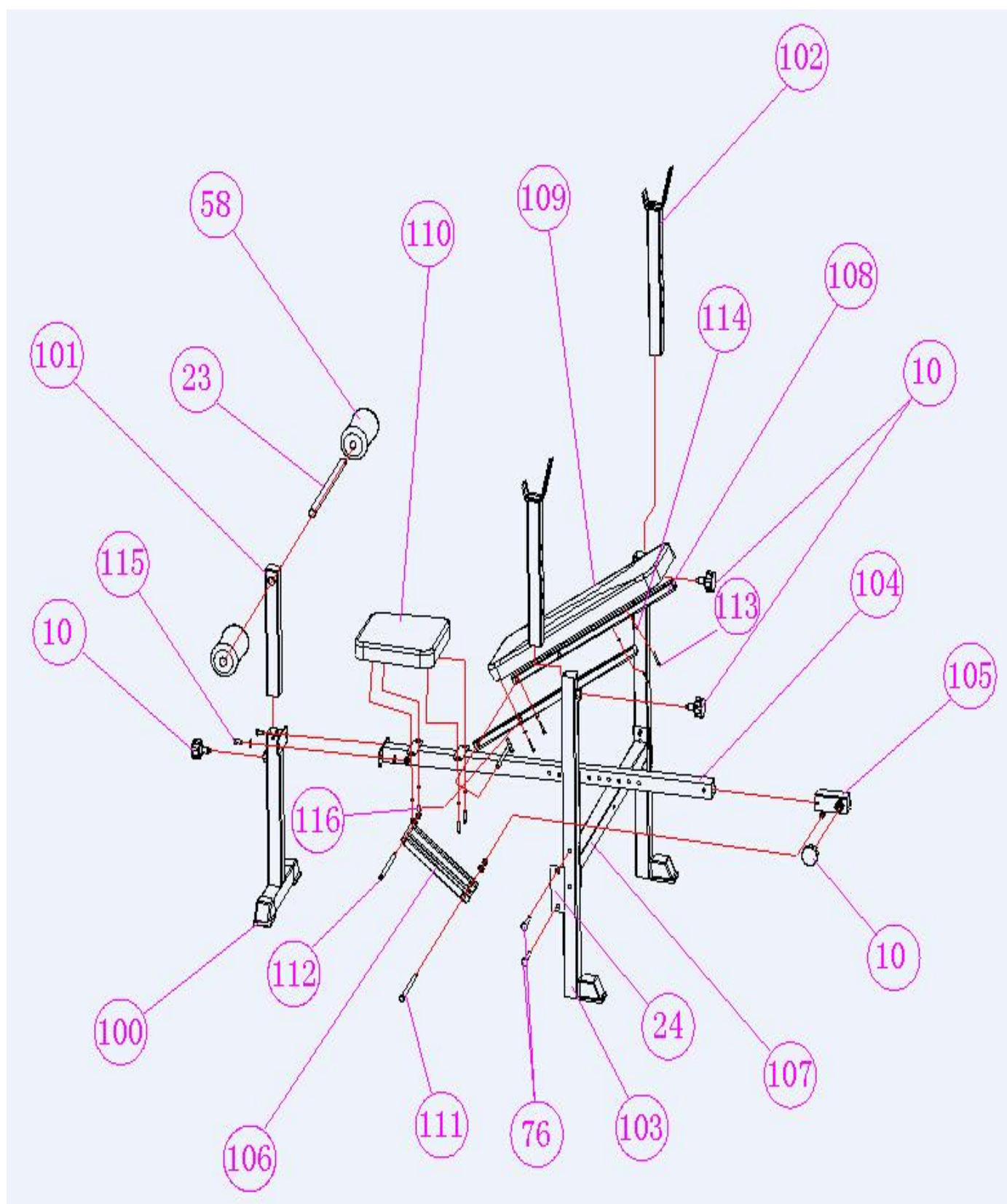
STEP 6

1. Attach the Board (#119) to U-tube (#120), secured with one M10X70mm (#77), two $\phi\frac{3}{4}$ " Washer (#80) and one M10 Aircraft Nut (#82).
2. The board (#119) can then be attached to the right Upright (#117), secured with Pin (#127).
3. Attach the two Elbow Pads (#121) to the handles. Secure with four M8x65mm (#125) and four $\phi 8$ Washers (#81).
4. Attach Back Cushion (#122) to the right Upright (#117), secure with two M8x75mm (#126) and two $\phi 8$ Washers (#81).
5. Put the four Foams (#123) onto the two Foam Tubes (#23).



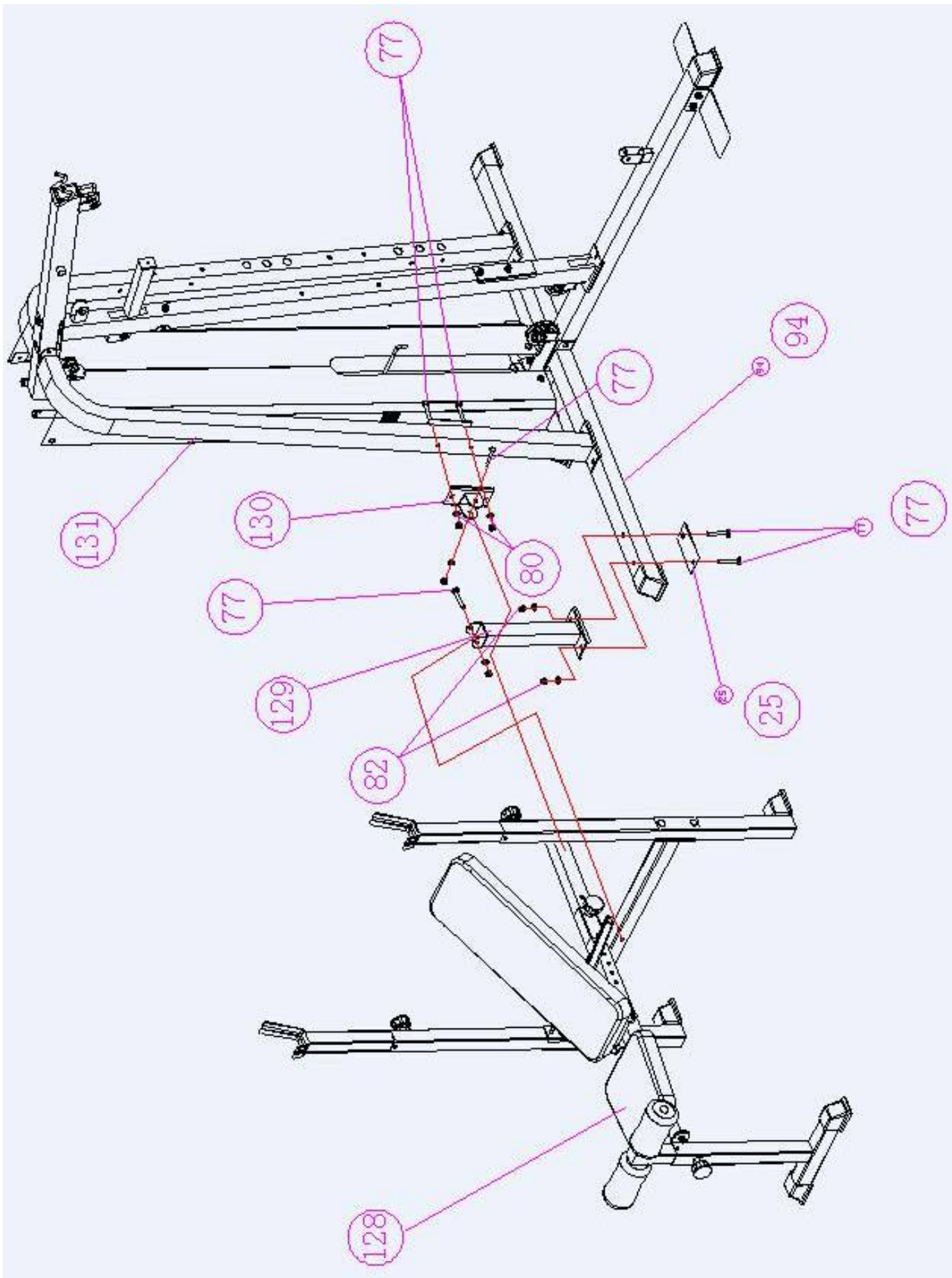
STEP 7

1. Attach the two Back Uprights (#103) the Tube (#107), secured with four M10x90mm Carriage Bolts (#76), two 120x50mm Bracket (#24), four M10 Aircraft Nuts (#82) and four ϕ 10 Washers (#80).
2. Slide the Adjustable Tube (#105) onto the tube (#104). Secure to the Front Upright (#100) with two M10X20mm (#115) and two ϕ 10 Washers (#80).
3.
 - a) Attach the Tube pair (#106) to the two Back Pad Tubes (#108) using with one M10X190mm Carriage Bolt (#112), one M10 Aircraft Nut (#82) and one ϕ 10 Washer (#80).
 - b) Secure the Back Pad (#109) onto the two Back Pad Tubes (#108) with four M6X35mm Carriage Bolts (#113) and four ϕ 6 Washers (#114).
 - c) Attach the Tube pair (#106) to the Adjustable Tube (#105). Secure with Carriage Bolt M10X130mm (#111).
4. Attach the Seat Pad (#110) to the Tube (#104) with four M8x20mm (#116).
5. Attach the Adjustable Foam Tube (#101) onto the Front Upright (#100) using Lock Knob (#10). Insert the Foam Tube (#23) through the Adjustable Foam Tube (#101) and attach the two Foam Rolls (#58).
6. Insert the two tubes (#102) into the two Back Uprights (#103). Secure with Lock Knob (#10).



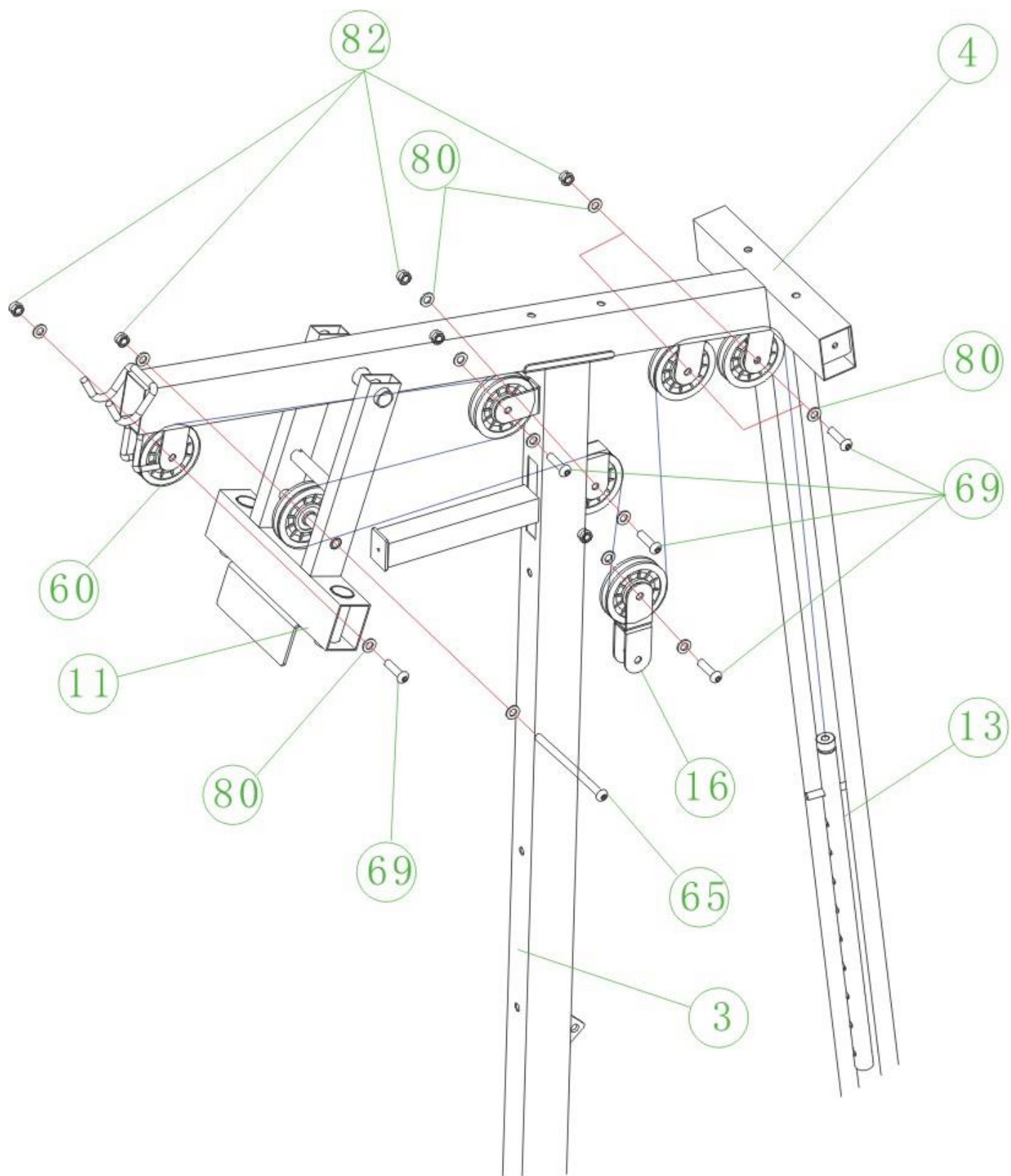
STEP 8

1. Secure the Weight Bench (#128) to the tube (#130) with two M10x70mm Carriage Bolts (#77), two Aircraft Nuts (#82) and two ϕ 10 Washers (#80).
2. Attach the assembly to the Left Upright (#116). Secure with two M10x70mm Carriage Bolts (#77), two Aircraft Nuts (#82) and two ϕ 10 Washers (#80).
3. Attach the Beam support tube (#129) to the Left lower tube (#94), secured with two M10x70mm Carriage Bolts (#77), two Aircraft Nuts (#82) and two ϕ 10washers (#80).
4. Connect the Weight Bench to the tube (#129) with one M10x70mm Carriage Bolt (#77), one Aircraft Nut (#82) and one ϕ 10 Washer (#80).



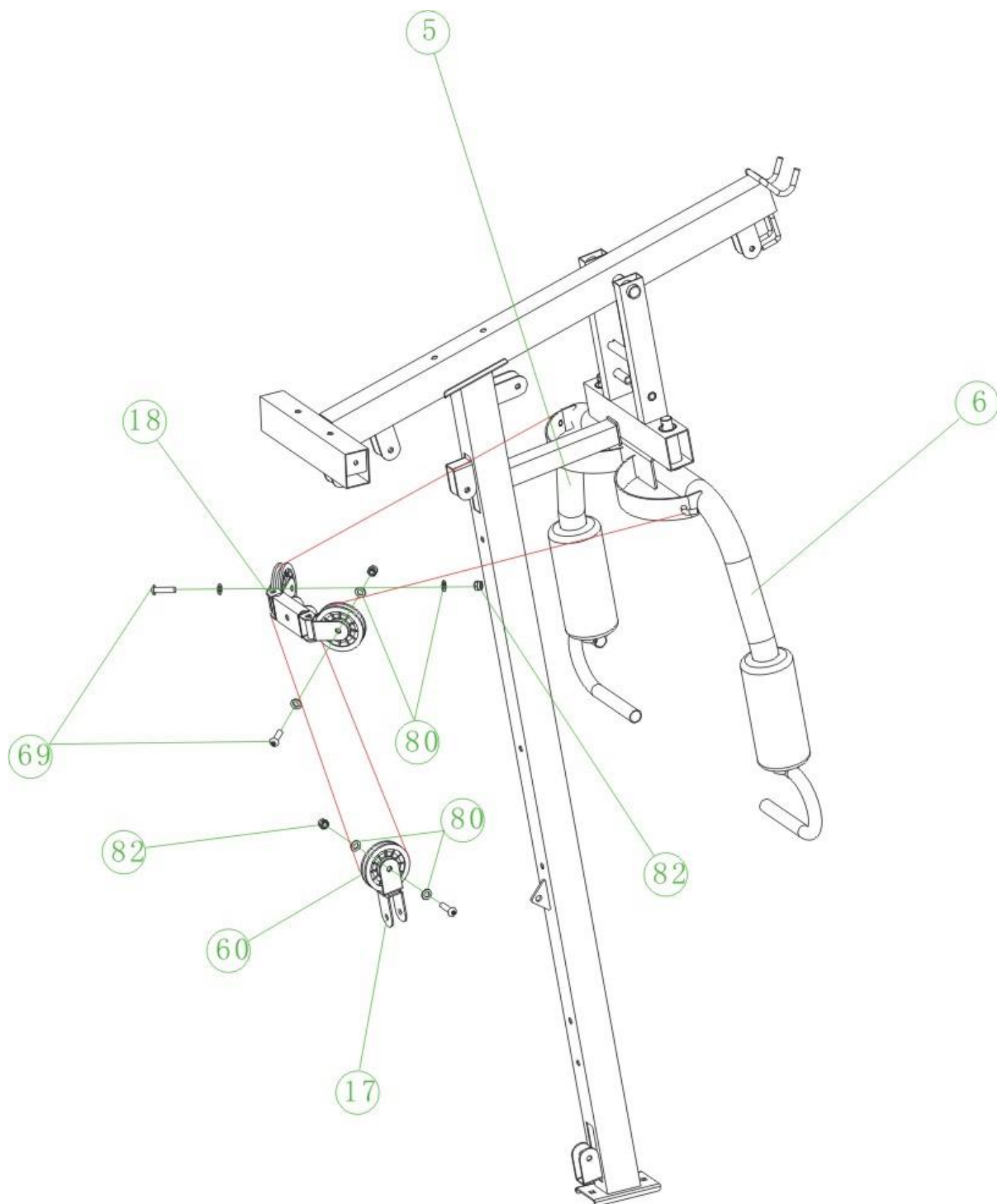
STEP 9

1. Attach the 333cm Upper Cable (#31) to the opening at the front of the Upper Frame (#4). Note:
The Ball Stopper on the cable should be underneath the Frame.
2. Attach a Pulley (#60) to the open bracket as per the diagram. The cable should sit between the Pulley (#60) and the opening.
Secure it with one M10x45mm Allen Bolt (#69), two ϕ 10 Washers (#80), and one M10 Aircraft Nut (#82).
3. Draw the 333cm Upper Cable (#31) through towards the back of the machine to the open bracket on the Front Vertical Frame (#3). Repeat step 2 above to install a Pulley (#60).
4. Draw the 333cm Upper Cable (#31) around the Pulley (#60) then pull back towards the opening on the Front Press Base (#11).
Attach a Pulley to the opening on the Front Press Base. Secure the Pulley with one M10x175mm Allen Bolt (#65) and one M10 Aircraft Nut (#82).
5. Draw the 333cm Upper Cable (#31) around the Pulley (#60) and through the opening to the open bracket on the Front Vertical Beam (#3). Repeat step B above to install another Pulley (#60).
6. Draw the 333cm Upper Cable (#31) around the Pulley (#60) then pull the 333cm Upper Cable (#31) downwards. Attach the 3327mm Upper Cable (#31) to a Double Floating Pulley Bracket (#16). Install another Pulley (#60) following Step 2. Leave the bracket hanging for now.
7. Pull the 333cm Upper Cable (#31) through the two open brackets at the rear of the Upper Frame (#4). Install two pulleys to the bracket following Step 2.
8. Pull the 333cm Upper Cable (#31) downward between the two Guide Rods to the Selector Rod (#13) to secure the Cable.



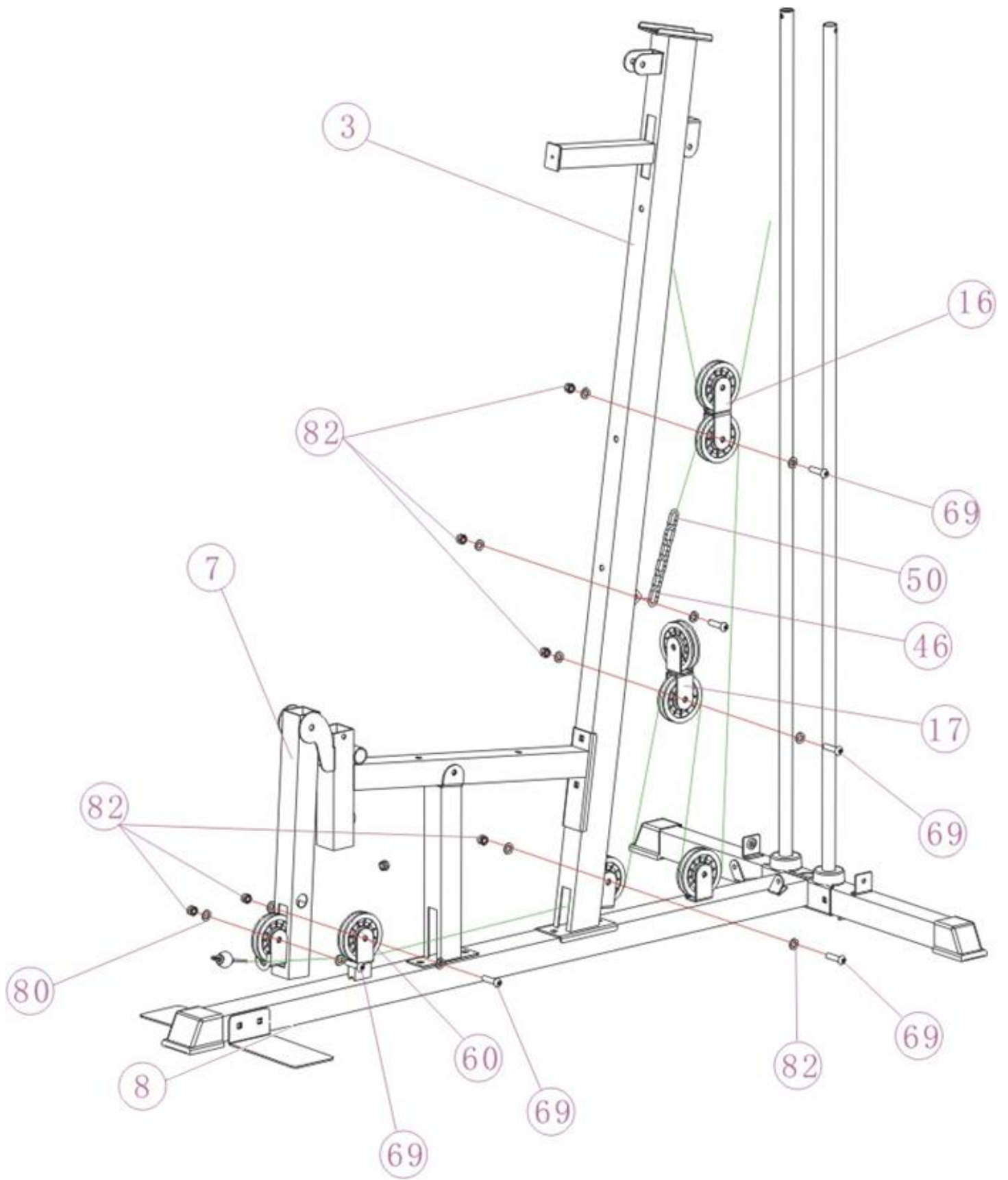
STEP 10

1. Attach one end of the 302cm Butterfly Cable (#33) to the hook on the Right Butterfly (#6).
2. Draw the 302cm Butterfly Cable (#33) through the right Swivel Pulley Bracket (#18).
3. Attach a Pulley (#60) to the bracket. Secure it with one M10x45mm Allen Bolt (#69), two ϕ 10 Washers (#80), and one M10 Aircraft Nut (#82).
4. Draw the 302cm Butterfly Cable (#33) around the Pulley (#60) then downward. Attach the Cable to the Crossed Double Floating Pulley Bracket (#17).
5. Install another Pulley. (#60) as per step 3. Leave the Crossed Double Floating Pulley Bracket (#17) hanging for now.
6. Pull the 302cm Butterfly Cable (#33) around the Pulley (#60) then upward to the left Swivel Pulley Bracket (#18). Repeat Step 3 above to install a Pulley (#60).
7. Draw the 302cm Butterfly Cable (#33) to the left Butterfly (#5). Attach the end of the cable to the hook on the Left Butterfly (#5).



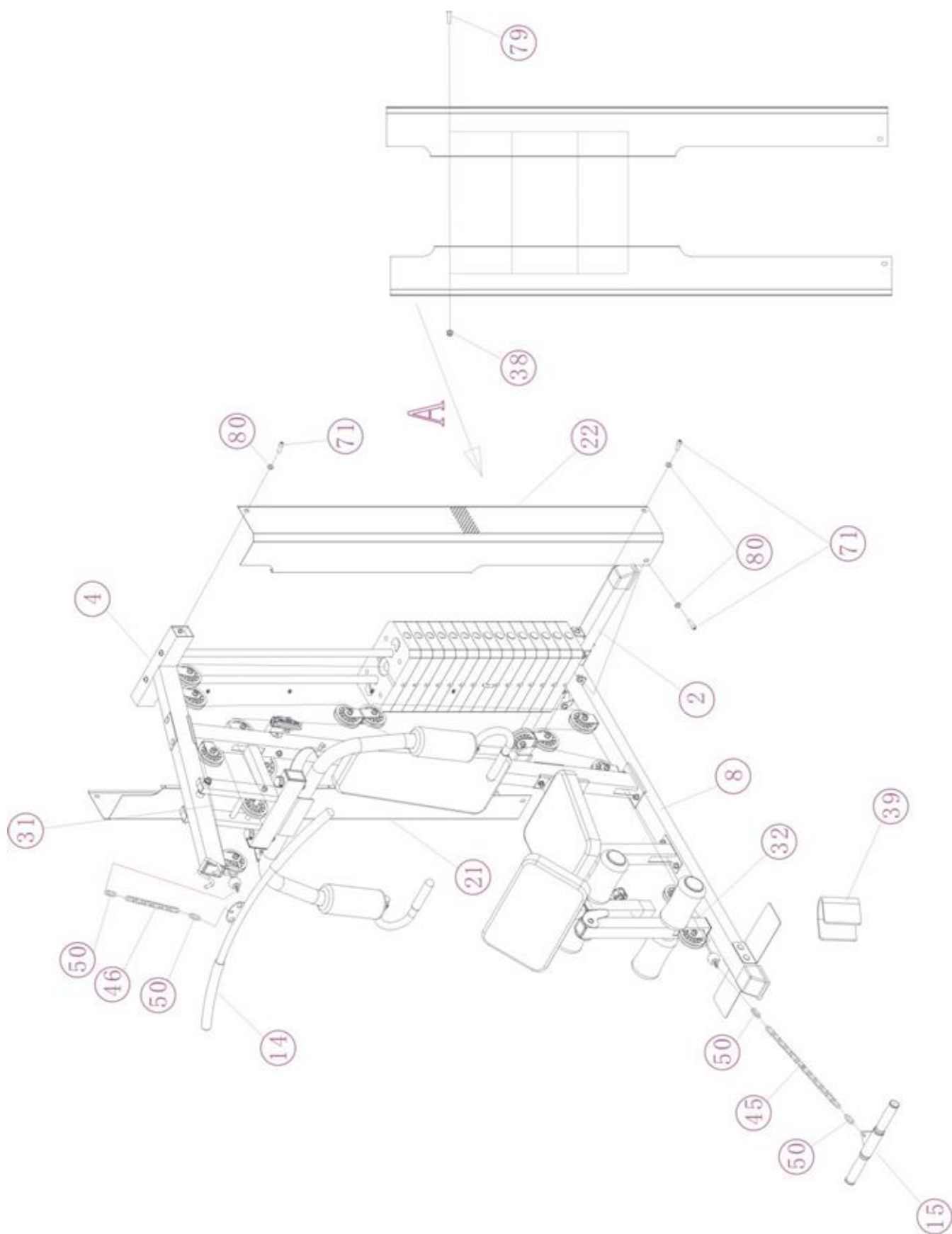
STEP 11

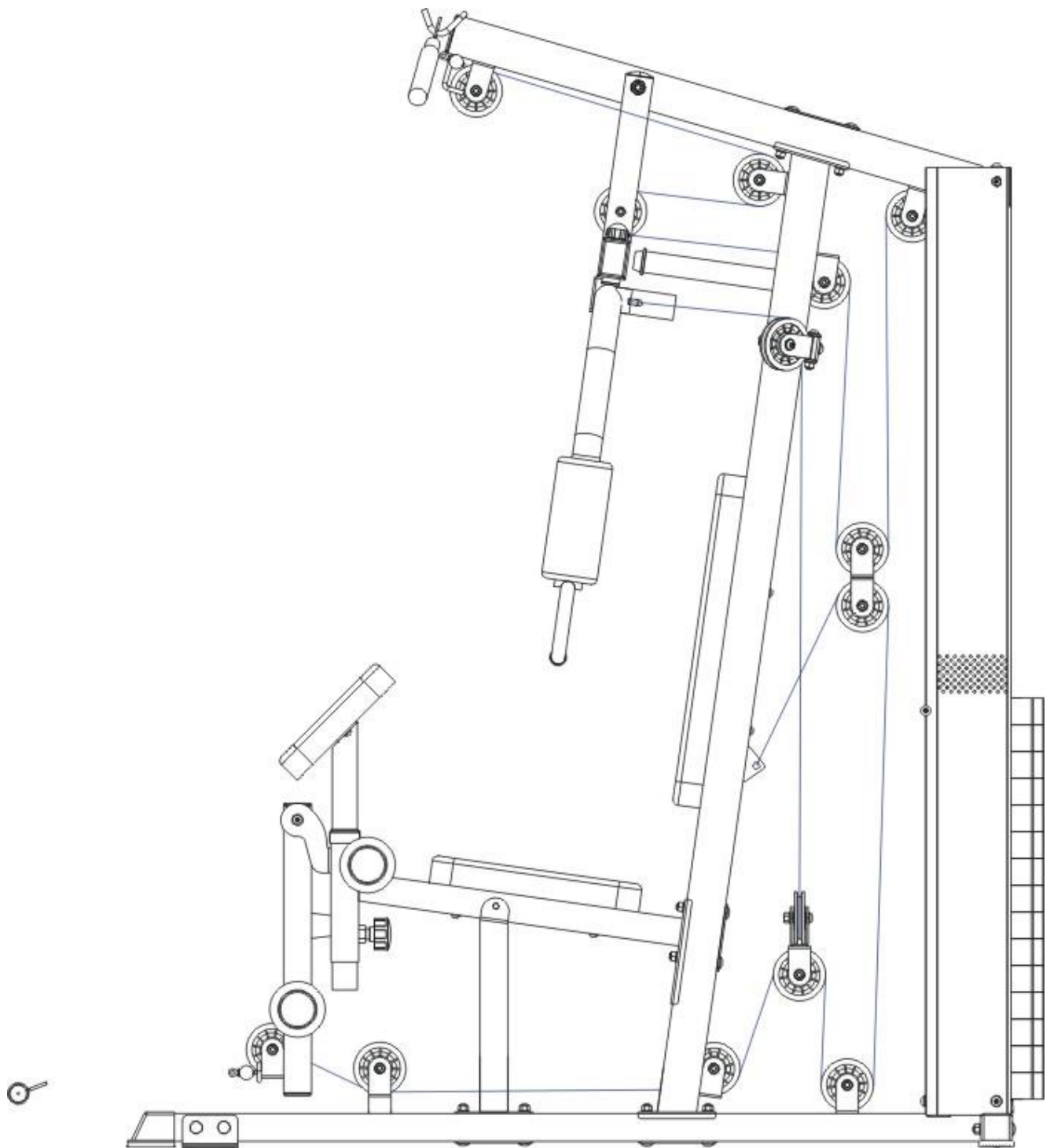
1. Attach the 325cm Lower Cable (#32) to the open bracket at the bottom of the Leg Developer (#7).
2. Attach a Pulley (#60) to the bracket. Secure it with one M10x45mm Allen Bolt (#69), two ϕ 10 Washers (#80), and one M10 Aircraft Nut (#82).
3. Draw the 325cm Lower Cable (#32) underneath the Pulley (#60) to the open bracket on the Main Base Frame (#8). Repeat Step 2 above to install a Pulley (#60).
4. Draw the 325cm Lower Cable (#32) underneath the Pulley (#60) along the top of the Main Base Frame through the hole at the bottom of the Front Vertical Frame (#3) to the open bracket. Install another Pulley (#60) as per Step 2.
5. Pull the 325cm Lower Cable (#32) upward and through the Crossed Double Floating Pulley Bracket (#17) previously installed in Part 10. Install another Pulley (#60) as per Step 2.
6. Draw the 325cm Lower Cable (#32) around the Pulley (#60) then downward to the open bracket on the Main Base Frame (#8). Install another Pulley (#60) as per Step 2.
7. Pull the 325cm Lower Cable (#32) around the Pulley (#60) then upward to the Double Floating Pulley Bracket (#16) previously installed in Part 9. Install another (#60) as per Step 2.
8. Draw the 325cm Lower Cable (#32) around the Pulley (#60) then pull downward. Connect the Cable to a C-clip (#50) then connect the C-clip (#50) to the Short Chain (#46).
9. Connect the Short Chain (#46) to the bracket located at the rear of the Front Vertical Frame (#3). Secure with one M10x25mm Allen Bolt (#70), two ϕ 10 Washers (#80), and one M10 Aircraft Nut (#82).
10. Adjust the tension of the Cable by adjusting the length of the Short Chain (#46). For best performance of the machine, adjust the Chain so the Selector Stem (Top Plate) on the weight stack is 54mm above the first plate. While adjusting the weight stack, push down on the Selector Stem (#28) to close up the gap then pin the plates. This will remove the slack in the cable system so the range of motion is smooth and tight.



STEP 12

- A.) Attach a Short Chain (#46) to the 333cm Upper Cable (#31) using a C-clip (#50). The chain length can be freely adjusted depending on the desired exercise.
- B.) Attach a Long Chain (#45) to the 325cm Lower Cable (#32) using a C-clip (#50). Attach the Arm Curl Handle (#15) to the Long Chain (#45) using another C-clip. The chain length can be freely adjusted depending on the desired exercise. Remove the Chain and the Handle when using the Leg Developer (#7).
- C.) Attach Left & Right Weight Stack Covers (#21, #22) to the Upper Frame (#4), Main Base Frame (#8), and Rear Base Frame (#2). Secure with six M10x15mm Allen Bolts (#71) and six ϕ 10 Washers (#80).
- D.) From the back of the Covers, secure the two covers together with four M5x10mm (#79) Philips Screws and four M5 Aircraft Nuts (#38).





3. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Seat Support	1	43	Long Axle	1
2	Rear Base Frame	1	44	Leg Developer Axle	1
3	Front Vertical Frame	1	45	Long Chain	1
4	Upper Frame	1	46	Short Chain	2
5	Left Butterfly	1	47	Sliding Sleeve	1
6	Right Butterfly	1	48	Handle Grip	4
7	Leg Developer	1	49	Lat Bar Grip	2
8	Main Base Frame	1	50	C-clip	5
9	Butterfly Pulley Bracket	1	51	Front Base Frame End Cap	1
10	Lock Knob	5	52	Rear Base Frame End Cap	2
11	Front Press Base	1	53	2"x1" End Cap	2
12	Front Press Handle	2	54	23/4" x 2 End Cap	3
13	Selector Rod	1	55	2" Square End Cap	2
14	Lat Bar	1	56	φ1" Cone-shaped End Cap	3
15	Arm Curl Handle	1	57	Foam Roll End Cap	4
16	Double Floating Pulley Bracket	1	58	Foam Roll	4
17	Crossed Double Floating Pulley Bracket	1	59	Butterfly Foam Roll	2
18	Swivel Pulley Bracket	2	60	Pulley	16
19	Arm Curl Handle Tube	1	61	φ11/2" Rubber Bumper	1
20	Guide Rod	2	62	φ21/2" Guide Rod Rubber Bumper	2
21	Left Weight Stack Cover	1	63	φ13/4" Rubber Bumper	1
22	Right Weight Stack Cover	1	64	φ1 Bushing	8
23	Foam Tube	2	65	M10x175mm Allen Bolt	1
24	120x50mm Bracket	1	66	M10x110mm Allen Bolt	1
25	140x51mm Bracket	2	67	M10x85mm Allen Bolt	2
26	Rear Base Frame Bracket	1	68	M10x65mm Allen Bolt	2
27	Foot Plate	2	69	M10x45mm Allen Bolt	15
28	Selector Stem	1	70	M10x25mm Allen Bolt	5
29	Weight Plate	9	71	M10x15mm Allen Bolt	8
30	L-shaped Pin	1	72	M8x85mm Allen Bolt	2
31	333cm Upper Cable	1	73	M8x65mm 1/2" Allen Bolt	2
32	325cm Lower Cable	1	74	M8x15mm Allen Bolt	2
33	302cm Butterfly Cable	1	75	M6x33mm Hex Bolt	2
34	Seat	1	76	M10x90mm Carriage Bolt	6
35	Backrest Board	1	77	M10x70mm Carriage Bolt	4
36	Arm Curl Pad	1	78	M6x5/8" Philips Screw	2
37	Lock Ring	2	79	M5x10" Philips Screw	4
38	M5 Aircraft Nut	4	80	φ10 Washer	62
39	Ankle Strap	1	81	φ8 Washer	6
40	Arm Curl Stand	1	82	M10 Aircraft Nut	32
41	φ1 1/8, Bushing	2	83	M6 Aircraft Nut	2
42	φ1 1/2" Bushing	2	92	Right lower tube	1
			94	Left lower tube	1

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
100	Front Upright	1	128	Weight Bench	1
101	Foam Tube	1	129	Beam support tube	1
102	Bar support tube	1	130	Tube bracket	2
103	Back Upright	1	131	Left upright	1
104	Main Tube	1			
105	Adjustable Tube	1			
106	Seat tube	1			
107	Beam tube	1			
108	Back Pad Tube	1			
109	Back Pad	1			
110	Seat Pad	1			
111	M10x130mm Carriage Bolts	1			
112	M10x190mm Carriage Bolts	1			
113	M6x35mm Carriage Bolts	4			
114	φ6 washes	4			
115	M10x20mm Bolts	2			
116	M8x20 Allen Bolts	4			
117	Right Upright	1			
118	Handles	2			
119	Board	1			
120	U-tube	1			
121	Elbow Pad	2			
122	Back Cushion	1			
123	Foams	6			
124	Bolts for pads	4			
125	M8x75mm Bolts	4			
126	Pin	1			

4. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.